City of Las Vegas Department of Leisure Services Senior Citizen Programs Division serving adults age 50 and older

# 

July • August • September 2006

## July is National Parks and Recreation Month!

Celebrate with us! Recreational and cultural activities promote health and wellness.

Physical activity and mental stimulation = healthy bodies and minds.

Please take a few minutes to browse through PrimeTimers –
and then join us for the programs of your choice. We look forward to seeing you!

## The new Downtown Senior Services Center is open!

310 South 9th Street (and Bridger)
229-6690
See the inside back cover for information.

#### **Table of Contents**

Derfelt Senior Center	Las Vegas Senior Center22
Doolittle Senior Center6	Northwest Senior Center
Dula Gym12	Senior Citizens Law Project30
East Las Vegas Community/Senior Center 14	<b>Downtown Senior Services Center .31</b>
<b>Howard Lieburn Senior Center18</b>	Darling Tennis Center31

14th Annual Blue Moon Ball is coming! See page 16.



## DERFELT SENIOR CENTER

Stephanie Richard, Center Coordinator 3343 West Washington Avenue • 229-6601 Open Monday-Friday, 8 am-4 pm • Closed July 4, September 4 TTY 386-9108 (for the hearing impaired)



Classes and activities are subject to change. Fees are per class unless otherwise noted.

Please call to verify the times and dates.

Annual membership required: \$2

Monday		
9:00 am	Knit & Crochet	\$1
♥ 9:00 am	Yoga Stretch	\$3
9:30 am	Compulsive Eaters Anonymous (C.E.A.)	Call
10:00 am	Chieko's Painting & Pastel, int./adv.	Call
10:00 am	Party Bridge	Call
11:00 am	The Yin & Yang of Self	Call
11:30 pm	Party Bridge	Call
Tuesday		
8:30 am	Oil Painting, all levels	\$3
9:00 am	Chieko's Painting & Pastel, int./adv.	Call
♥ 9:00 am	Tai Chi	\$3
9:30 am	Compulsive Eaters Anonymous (C.E.A.)	Call
10:00 am	Spanish, beg.	\$3
<b>¥</b> 10:30 am	Line Dance	\$3
11:30 am	Duplicate Bridge	Call
Wednesday		
♥ 8:00 am	Walk To Be Fit	Free
9:00 am	Quilting	\$3
♥ 9:00 am	Yoga Stretch	\$3
<b>¥</b> 12:00 pm	Belly Dancing (resumes in September)	Free
12:00 pm	Mah Jongg	Free
♥ 1:30 pm	Hula Dance, beg.	\$3
<b>¥</b> 3:00 pm	Hula Dance, adv.	\$3
Thursday		
♥ 8:30 am	TOPS Weigh-In	Call
♥ 9:00 am	Tai Chi	\$3
<b>¥</b> 10:00 am	TOPS (Take Off Pounds Sensibly)	Call
11:15 am	Card Club (party bridge)	Call
2:00 pm	Compulsive Eaters Anonymous (C.E.A.)	Call
Friday		
9:00 am	Chieko's Painting & Pastel, int./adv.	\$3
♥ 9:00 am	Yoga Stretch	\$3
10:00 am	Writing for Pleasure	\$3

♥12:30 pm Ballroom Dance with JoJo

# Introducing your Derfelt Senior Center Mascot Izzy Igloo!



Izzy is here to boost our center's spirit and inspire you to have a great time and feel at home at Derfelt. Be on the lookout for her - you never know where she'll show up!

## **Derfelt Senior Center Gallery Exhibits**

Monday-Friday • 9 am-3 pm • Free

#### D'Mario M. Osley

July 8-31

Reception: Saturday, July 8, 1-3 pm

#### Joyce Arebalo

August 5-28

Reception: Saturday, August 5, 1-3 pm

#### Pat Kaufman & Roberto Rico

September 2-29

Reception: Saturday, September 2, 1-3 pm

\$4

#### **DERFELT SENIOR CENTER** (continued)

#### mmmmmmm Arts and Crafts www

#### All-You-Can-Stuff Art Buffet

Inviting all artists for the deal of the year! We have an overstock of donated art materials and we want you to benefit. Bring a \$5 donation and receive one basket to fill with as many items as you can. A variety of materials is included, there's something for everyone!

Thursday, July 20 10 am \$5

## Cheiko's Oil Painting & Pastels

Intermediate to advanced painters are welcome.

Mondays 10 am-2 pm
Tuesday/Friday 9 am-1 pm

## Oil Painting, all levels

Tuesdays 8:30-11 am \$3/class

#### **Knit and Crochet**

Mondays 9-11 am

### Ouilting

Sewing machines are available for use at the center. Wednesdays 10 am-12 pm \$3/class

## Bridge Groups

Our center offers several bridge groups. Contact our front desk for more information!

www Cards and Games w

#### Bunco

All you need is a set of dice, a handful of luck, and a desire to have fun!

Wednesdays, July 5, August 16, September 6 Thursdays, July 27, August 31, September 21 1-3:30 pm \$1 per session

## Dance www

#### Hula, beginning and advanced

Advanced students should have at least four years experience in hula or have instructor's approval and be able to perform in shows.

Wednesdays \$3/class

Beginning, 1:30-2:30 pm Advanced, 3-4 pm

#### **Line Dance**

Students must have some prior experience.

Tuesdays 10:30-11:30 am \$3/class

## Community Assistance www.

\$1/class

#### Kids 2 Kids

Nonprofit organization cleans and distributes gently used books to at-risk children. Volunteer and work with Adaptive Recreation staff to brighten a child's day. Fridays, July 14 & 24, August 11 & 25, September 8 & 22

1:30 pm Free

#### **Problem Gambling Center Presentation**

A representative from the Problem Gambling Center will share useful information and answer questions.

Wednesday, July 19 1 pm Free

#### **Words on Wheels – Library Services**

Register for a free library card to check out books, tapes and CDs. Requested items will be delivered on the next visit.

Wednesdays, July 5 & 26, August 16, September 6 & 27 10:30 am-12 pm Free

#### Park Ambassadors Meetings

Being a Park Ambassador gives you the opportunity to be of service to the City of Las Vegas and your community. Ambassadors are considered the eyes of the neighborhood and help to keep the parks safe for everyone. Park Ambassadors - preserving our parks for a better tomorrow!

Thursdays, July 13, August 10, September 14 10 am Free



A sense of community is created through people, parks and programs.

<sup>&</sup>quot;A new Swedish study found that women who viewed and talked about art once a week felt happier and enjoyed a two point drop in their blood pressure after four months..." - Woman's World

#### Mt. Charleston

Escape the heat! Bring lunch, water and hat for a sightseeing trip to the mountain.

Tuesday, August 8 10 am-3 pm

#### **Fashion Show Mall**

Catch the end-of-summer sales! Shop 'til you drop - but don't forget to stop for lunch.

Tuesday, August 29 10 am-2 pm Cost of lunch

#### **Pahrump Winery Tour**

Tour the Pahrump Winery, with wine tasting followed by a delicious lunch.

Thursday, September 21 9 am- 3:30 pm \$17

#### **Horseback Riding Excursion**

Ride horses at Sagebrush Ranch.

Tuesday, September 26 8:30 am-3 pm
\$35 includes "cowboy" lunch
(due by Friday, September 21)

### management Education www.minimum

#### **AARP Safe Driving Course**

Lower your insurance premium.

Mondays, July 10, August 14, September 11

8 am-4 pm \$10 (check made payable to AARP)

#### **Open Computer Lab**

Monday/Thursday/Friday 1:30-3:30 pm Free

#### Fitness www.

We're looking out for your physical well-being with walking, tai chi and yoga. See our schedule for your activity of choice.

Pilates New!
Begins in
September. Call
for information.



## uuuuuuuuu Health/Wellness www.

#### **Amputee Coalition of Nevada**

Speakers discuss new information and technology to amputees, diabetics and other interested individuals. Fridays, July 14, August 11, September 8 1-3 pm

#### **Compulsive Eaters Anonymous (C.E.A./H.O.W.)**

12-step program for compulsive eaters.

Monday/Tuesday 9:30-11 am

Monday/Tuesday 9:30-11 am Thursdays 2-3:30 pm

#### **Foot Care Clinic**

Call early for an appointment
Thursday, July 13 11:45 am Free

#### The Yin and Yang of Self

Explore life's physical, emotional, mental and spiritual aspects.

Mondays 11 am-12:30 pm \$3/class

## Social Groups

## **Family History Group**

Have you ever wondered about elusive ancestors or wanted to create a lasting family record for generations to come? Whether you are a beginner or well-versed in your family history, this is the place for you! Computers and an instructor are available. Sessions offer an atmosphere that is inviting, educational and fun! Thursdays, September 7 & 21 10 am Free

#### **Book Discussion Group**

3rd Thursdays 9 am Free
July 20 Walking Home Alone by Gayle Jo Carter
September 21 Prayer Answered by Danielle Steel

### Red Hat Society, the Derfelt Dizzy Dazzlers!

We invite all good-natured, fun-spirited, young-atheart ladies to join our Red Hat chapter. Wear a red hat, purple attire and a great big smile! Tuesday, September 12 1 pm

#### **New Red Hat Chapter Forming!**

Come to our first meeting and become acquainted with a fantastic group of ladies.
Thursday, September 22
1 pm



Laughing feels good and is good for your health.

#### **DERFELT SENIOR CENTER** (continued)

## www.....Special Events www....

All special events are pre-pay.

Tickets may be purchased at our front desk or over the phone with a credit/debit card.

## Tickets go on sale Thursday, June 1, 8:30 am, for July events.

#### Monkey Business Luncheon (253560)

Now we're just being silly, but that's why we're so much fun! Just so we're not too far out in left field, we'll also be celebrating National Park and Recreation Month. So, join us for an afternoon of food, games, and monkeyin' around!

Wednesday, July 12 11:30 am \$3

#### Ice Cream Social (253561)

Celebrate National Ice Cream Month by having a sundae with us! Enjoy the perfect summer treat and learn some interesting facts about the history of ice cream!

Wednesday, July 26 1 pm \$3

## Tickets go on sale Monday, July 3, 8:30 am, for August events.

#### Rise & Shine Breakfast (253562)

The best way to start the day - with good food and good friends!

Friday, August 11 9:30 am \$3

#### 2nd Annual Chillin' with Santa Event (253563)

It may be five months before Christmas, but Santa is making a special appearance here for what he believes is an extraordinary event. We're again collecting back-to-school supplies for local elementary school students. Last year we were able to give over 400 fully-stocked backpacks to deserving students. Our challenge to you is to help us break that record this year. Then join us for the main event! Santa will be here in all his glory and the Derfelt elves will serve lunch as you enjoy a winter wonderland. You don't want to miss this!

Wednesday, August 23 11:30 am



## Tickets go on sale Monday, August 1, 8:30 am, for September events.

## Red Hat Society Bunco Day (253564)



All Red Hat
Society members
interested in a day
of friends and fun,
this is the event
for you! Bring
your lunch, and
don't worry if you
are new to the
game. We'll teach

\$2

you and you'll be a pro in no time!
Friday, September 15 10 am- 4 pm

### 2nd Annual Diva Day (253565)

You are cordially invited to grace us with your presence (that's Diva speak!) for a delightful afternoon, complete with beauty and wellness vendors, diva-inspired food,

crafts, games and prizes. We invite all ladies who wish to encourage their inner diva to shine, so bring your best girlfriends and be ready to paint the center red (or pink - the official diva color)!



Wednesday, September 20 11:30 am

#### Music, Maestro! Luncheon (253377)

It's Classical Music Month, and what better way to celebrate than with live music while dining on a delectable meal. This luncheon will encompass everything classical music inspires: elegance, beauty, and sophistication - with a little whimsy thrown in for the fun of it! Live music provided by Fletcher Music.

Friday, September 29

11:30 am

Two-thirds of older adults who visit parks report moderate or high levels or physical activity during their visit.

## DOOLITTLE SENIOR CENTER

Nicole Koerwitz, Center Coordinator 1950 North J Street (and West Lake Mead Boulevard) • 229-6125 Open Monday-Friday, 8:30 am-5 pm, Saturday 9 am-5 pm Closed July 4, September 4 • TTY 386-9108 (for the hearing impaired)



## Classes and activities are subject to change. Please call to verify times and dates. Annual membership required: \$2

**Thursday** 

♥ Heart Hea	elthy Activities	
Monday		
8:30 am	Billiards	Free
8:30 am	Dominoes	Free
8:30 am	Double Deck Pinochle	Free
♥ 9:00 am	Strength Training	Free
♥ 9:00 am	Table Tennis	Free
♥ 9:30 am	Bowling (meet at Santa Fe)	\$2.25
	3 games + shoe rental	
♥ 10:00 am	Country Western Line Dance	Free
10:00 am	Knitting & Crocheting	Free
11:30 am	Lunch	\$3
1:00 pm	Guitar, beg.	\$4
<b>♥</b> 2:30 pm	Do You Remember? New!	Free
Tuesday		
8:30 am	Billiards	Free
8:30 am	Dominoes	Free
8:30 am	Double Deck Pinochle	Free
♥ 9:00 am	Low Impact Aerobics	Free
9:30 am	Library Outreach	Free
♥ 10:00 am	Chair Exercise	Free
10:00 am	Knitting & Crocheting	Free
♥ 10:00 am	Senior Fitness	Free
11:30 am	Lunch	\$3
12:00 pm	Bingo	Free
<b>♥</b> 2:30 pm	Jazzy Low Impact Aerobics New!	Free
Wednesday		_
8:30 am	Billiards	Free
8:30 am	Dominoes	Free
8:30 am	Double Deck Pinochle	Free
♥ 9:00 am	Strength Training	Free
♥ 9:00 am	Table Tennis	Free
10:00 am	Knitting & Crocheting	Free
11:30 am	Lunch	\$3
12:30 pm	Movies (1st & 3rd Wed.)	Free
12:30 pm	Scrabble Club (2nd & 4th Wed.)	Free
12:30 pm	Sewing	Free
<b>♥</b> 2:30 pm	Do You Remember? New!	Free

I mai sady		
8:30 am	Billiards	Free
8:30 am	Dominoes	Free
8:30 am	Double Deck Pinochle	Free
♥ 9:00 am	Low Impact Aerobics	Free
♥ 9:30 am	Blood Pressure Check (1st Thurs.)	Free
♥ 10:00 am	Chair Exercise	Free
10:00 am	Knitting & Crocheting	Free
♥ 10:00 am	Senior Fitness	Free
11:30 am	Lunch	\$3
12:00 pm	Bingo	Free
1:00 pm	Health Is Wealth (1st Thurs.)	Free
<b>♥</b> 2:30 pm	Jazzy Low Impact Aerobics New!	Free
Friday		
8:30 am	Billiards	Free
8:30 am	Dominoes	Free
8:30 am	Double Deck Pinochle	Free
♥ 9:00 am	Strength Training	Free
♥ 11:00 am	Soul Line Dance	Free
11:30 am	Lunch	\$3
<b>♥</b> 2:30 pm	Do You Remember? New!	Free
Saturday		
9:00 am	Billiards	Free
9:00 am	Dominoes	Free
9:00 am	Double Deck Pinochle	Free
<b>♥</b> 9:00 am	Fitness Room	Free
12:00 pm	Bingo	Free

#### Arts and Crafts

#### **Sewing with Lillian**

2:00 pm Sewing

Bring your own sewing machine or use ours.
Learn how to sew, read and use a pattern, and the tricks of the trade.

We also have volunteers to help teach knitting and crocheting.

6



Free

### Dancing is fun and great exercise!

#### **DOOLITTLE SENIOR CENTER** (continued)

#### Cards and Games www.

We offer a variety of cards and game. Pinochle and dominoes tables for beginners to experienced players are always available. We even have king's corners, bingo and Scrabble. If you don't know how to play, we will teach you.

## mmmmm Community Assistance mmmmmm

#### **Community Garden**

Join our work crew and reap the benefits of fresh vegetables, fruits and flowers. The garden, located in the 1200 block of Blankenship, has 35 raised gardening beds. Please call the center for further details.

#### **Library Outreach**

Register for a Clark County Library District card and check out books. Your personal favorites will be delivered directly to Doolittle.

Tuesdays 9:30-10:30 am Free

#### **Senior Law Project**

Receive advice and assistance in legal matters. Call 229-6596 for an appointment.

3rd Fridays, July 21, August 18, September 15 9 am Free

#### Dance w

Not only will you learn a variety of dances, but what a great form of exercise. Country line and soul line dance classes start back up the week of September 4.

#### Do You Remember New!

Looking back to the 1940s, '50s and '60s oldies dances, do you remember the Madison, the Birdland, the Watusi, the twist and the boo-ga-loo? Maybe you have another one you can teach to the group. It's all about fun!

Monday/Wednesday/Friday 2-4:30 pm Free

#### mmmmm Education mmmmmm

Register at least one week prior to class start date.

#### **AARP Safe Driving Course**

Lower your insurance premium upon successful completion of this course. Space is limited.

Tuesdays 9 am-5 pm \$10 paid to instructor

**256516** July 11

## **256521** September 12

## mmmmmm Education (continued) www.

Computer Classes (6-week sessions)

Intro to Computers – Windows/Word (256517)
Tuesdays, beginning July 11

12-1 pm \$20/session



#### **Internet (256518)**

Wednesdays, beginning July 5 12-1 pm \$20/session

New classes begin in September. Please call for dates.

#### **Create Your Own Cards (256878)**

Learn how to make your own birthday, anniversary, get well, and other cards for your friends and family. All supplies are included.

Saturday, July 8 10 am-12 pm \$6

#### Digital Photo Workshop (256879)

Learn how to transfer and store your photos on different medias and more.

Saturday, August 19 10 am-12 pm \$6

## ananananananan Day Trips www

Advance registration and \$2 non-refundable transportation fee required per trip; space is limited.

Additional costs as noted.

#### **Breakfast and Movie at Texas Station**

Join us for a morning buffet and matinee movie. Van leaves at 9 am.

Fridays 9 am-3 pm Cost of buffet + movie

**256576** July 28

**256579** August 25

**256584** September 29

#### **Senior Travel Club**

The valley is getting larger and seniors would like to know their way around. We'll go exploring once a month to parks, shopping and other senior centers.

Advance registration required.

10 am-3 pm Cost of lunch

**256587** Wednesday, July 19

Summerlin (Rampart & Lake Mead)

**256887** Wednesday, August 23 Green Valley/Henderson

**256889** Tuesday, September 19 Spring Valley/Airport

Gardening is a good low impact form of exercise and helps reduce stress.

#### **DOOLITTLE SENIOR CENTER** (continued)

## Jay Trips (continued)

Advance registration and \$2 non-refundable transportation fee required per trip; space is limited.

Additional costs as noted.

#### **Trail Dusters**

Join our easy hiking group or more experienced group. Van transportation provided from center to hike location. Bring lunch, water, sunscreen, hat and camera.

Fridays 9 am-3 pm
256539 July 7 Cathedral Rock
256540 August 4 Fletcher Canyon
256541 September 1 Mary Jane Falls

#### **Super Summer Theatre at Spring Mountain Ranch**

Bring a picnic dinner to enjoy live plays under the stars. Van leaves at 5 pm.

Fridays 5-10 pm Tickets: \$10 each
256586 July 21 Return to the Forbidden Planet
256890 August 25 Bells Are Ringing

#### **Tour Coffee Roasters and Lunch (256589)**

See how coffee and tea are roasted and enjoy tasty samplings. We'll have lunch at Rumrunners; they have the best hamburgers for \$4.

Wednesday, July 26 9 am-2 pm \$3 + lunch

## Senior Recital at International House of Blues (256588)

Our guitar class has earned the opportunity to perform in a Blues Schoolhouse Show at the House of Blues. Watch them perform! We'll end the day with lunch. Monday, July 31 9 am-2 pm Cost of lunch

## City of Las Vegas Senior Centers' End of Summer Bash (256895)

Escape the heat and enjoy the great outdoors at Mt. Charleston. There will be hiking, card playing, arts and craft projects, and a barbecue lunch.

Thursday, August 24 8:30 am-3 pm

\$5, includes lunch

## Mirage Dolphin Habitat & Garden (256896)

Enjoy an exciting trip to see the dolphins and garden. Wednesday, August 30 9 am-2 pm \$18 (tour & transportation) + breakfast buffet

#### Laughlin Trip (256583)

Walk along the river, browse in the shops, go to a movie and have a free buffet breakfast or lunch.

Wednesday, September 6 7 am-5 pm

#### Caesar's Forum Shops (256897)

Browse in the air-conditioned comfort and changing panorama of Caesar's shopping mall.

Friday, September 15 10 am-2 pm Cost of lunch/shopping

#### 11 8

This first-class musical comedy, with its witty parodies of popular songs, has women "of a certain age" laughing in the aisles.

Menopause the Musical at Las Vegas Hilton (256578)

Wednesday, September 20 1-6 pm \$55

#### Primm Mall & Buffalo Bill's Adventure (256577)

Enjoy the company of others while visiting Primm with its variety of activities.

Wednesday, September 27 9 am-2 pm Cost of lunch/shopping

## management Fitness management from the second secon

We offer a variety of exercise classes including strength training, stretch and tone, aerobics, chair fitness, and afternoon jazzy low impact aerobics. Fitness classes are offered every day of the week.



#### **Fitness Room**

Improve your health and get fit! Equipment includes Gazelle, treadmills, bicycles, and Universal weight machines. Monday-Friday 8:30 am-5 pm Saturdays 9 am-5 pm Free

## Jazzy Low Impact Aerobics (256521) New!

For those who can't make the morning classes, but have a need to exercise and be encouraged by others with the same interest. Come and get yourself moving.

Tuesday/Thursday 2:30-3:30 pm Free

When you take a walk, pick up the pace.

#### **DOOLITTLE SENIOR CENTER** (continued)

#### 

#### Lunch

We serve a healthy lunch every day, except on days when we serve breakfast or other special luncheons. Monday-Friday 11:30 am-12 pm \$3

## """" Health/Wellness

#### **Health Is Wealth**

Fred Greenberg, a retired pharmacist of 48 years, has been involved in nutritional work in clinics and retail establishments since 1980. He will discuss the foods, vitamins and minerals essential for good health and ways to improve your vitality and to live a healthier and happier life.

Thursdays 1 pm Free

#13 July 6 #14 August 3 #15 September 7

#### **Read Labels First**

Learn how to read labels to assess the nutritional content of foods, what is beneficial and what to avoid.

Thursdays, July 20, August 17, September 21

10-11:30 am Free

#### Vision Screening (256644)

Shepherd Eye Center technicians will check your vision and your eyes for cataracts and glaucoma. Limited appointments; register in advance.

Tuesday, August 15 9-10:30 am Free

## unun Special Events ununununun

#### All-American Day Luncheon (256552)

Celebrate July 4th with hamburgers, hot dogs, potato salad, watermelon and apple pie.

Wednesday, July 5 11:30 am \$3

#### Movies

Join us for movies and popcorn! Call for movie titles. 1st & 3rd Wednesdays 12:30 pm Free July 5 & 19, August 2 & 16, September 6 & 20

## Fish Fry

Register in advance for a catfish lunch with all the fixin's.

Fridays 11:30 am \$6 **256645** July 7

**256646** August 18 **256647** September 8

## mmmmm Special Events (continued) mmmmmm

#### Pancake Breakfast

Start your morning off right with pancakes, bacon, sausage, eggs and juice.

**256899** Tuesday, July 11

**256900** Thursday, August 10

**256901** Thursday, September 7

9:30-11:30 am

#### **Current Events**

Bring your current events and topics of discussion to share with the group. Coffee and doughnuts provided. 2nd Wednesdays, July 12, August 9, September 13 9 am

\$3

#### **July Is National Ice Cream Month Social (256555)**

What better way to cool down in July than with tasty ice cream and a variety of toppings.

Thursday, July 13 1 pm \$2

### Joke Day

Calling all comedians! Bring your jokes to share with the group, and then stay for the monthly birthday party. 4th Thursdays, July 27, August 24, September 28 11 am Free

#### **Monthly Birthday Party**

Each month we celebrate birthdays with cake and ice cream.

4th Thursdays, July 27, August 24, September 28

11:45 am Free

#### Seafood Gumbo Lunch (256569)

No need to go to New Orleans for traditional gumbo. Friday, August 11 11:30 am \$6

#### **French Toast Breakfast**

Oooh la la! French toast, eggs, sausage, bacon and juice.
Tuesdays 9:30-11:30 am \$3

256903 August 22 256904 September 26



A fruit salad is perfect for hot summer days. It tastes great, looks beautiful and is a good source of vitamins.

#### **DOOLITTLE SENIOR CENTER** (continued)

## Special Events (continued) www.

#### **Doolittle Senior Center Quarterly Query**

Now's your chance to ask questions and offer suggestions about our center. Light refreshments.

Thursday, August 22 10 am Free

#### All-You-Can-Eat Soup and Salad (256549)

Enjoy an all-you-can-eat healthy meal: two soups, salad with a variety of veggie choices, and bread.

Tuesday, August 29 11:30 am \$

#### **Labor Day Potluck Celebration (256548)**

Bring your favorite dish and recipe to share. What a great way to experience others' great taste in food. Don't forget your recipes.

Friday, September 1 11 am
Free, you must bring a dish

#### **Grandparents' Day and Bunch (256546)**

Bring your grandchildren and/or great-grandchildren for dancing, food and prizes. Each grandparent will receive a special token.

Saturday, September 9 10 am-12 pm

Grandparents free

\$4/1st child, \$2 each additional child

#### "How to Navigate the Court System," Quarterly Legal Discussion

Judge Natalie Tyrrell visits once each quarter to share important information about legal issues.

Thursday, September 14 1 pm Free

## www.www.social Groups ww

#### **Doolittle Divas Red Hat Society**

Queen Mother Lucille Bryant leads this group of spirited women fond of socializing, wearing red and purple, and having fun!

3rd Wednesdays 10:30 am

If you're interested in forming another Red Hat group, call Linda at 229-6125. Membership is limited to 20 participants per group.



#### **Doolittle Senior Book Club**

Enjoy reading and lively discussions about books? Our book club reads a book each month.

Thursdays, July 27, August 24, September 28

2 pm Free

#### **Senior Singles Mingle Club**

What better way to meet new people than by joining fellow singles to socialize and attend functions.

1st Wednesdays, July 5, August 2, September 6

2 pm Free

## Workshops www

#### **Oldies Music**

Oldies, but goodies! Exchange old music, from albums and tapes to CDs, and play name that tune.

3rd Saturdays, July 15, August 19, September 16

1-3 pm Free

#### **Green Thumb Plant Workshop (256656)**

Green thumbs help your greenery stay alive. Bring a pot and learn how to help your plants stay green.

Tuesday, July 18 1-2 pm

\$2 (Bring your own pot)

#### **Summer Coolers Workshop (256651)**

Learn how to make refreshing coolers of various flavors, all non-alcohol and good tasting. What a great way to beat the heat!

Thursday, July 20 10-11:30 am \$3

#### Quick Fixin' Workshop (256528)

With the heat outside, no one wants an evening of cooking in the kitchen. Learn quick, healthy and complete meals that take 30 minutes or less. Supplies included. Tuesday, August 1 2-3 pm \$3

Mental stimulation helps keep the brain healthy.

Learn something new, read, play word games and cards, or engage in lively discussions with friends and colleagues.

## **DULA GYM**

Saturday/Sunday

8 am-9 pm

Marilyn Louden, Center Coordinator
441 East Bonanza Road • 229-6307
Open Monday-Friday, 7 am-10 pm;
Saturday and Sunday, 8 am-10 pm • Closed July 4, September 4
TTY 386-9108 (for the hearing impaired)



## Classes and activities are subject to change. Please call to verify times and dates. Annual membership required: \$2

eart Activities		Thursday		
		<b>♥</b> 7:00 am	Fitness Room/Weight Training	Free
Fitness Room/Weight Training	Free			Free
Paddle Tennis, all levels	Free			TBA
Bocce, all levels	Free			Free
Bowling (3 games/shoes)	\$2.25	♥ 9:00 am	Tai Chi	Free
Golf Instruction	TBA	♥ 11:00 am	Senior Basketball	Free
Cribbage	Free	♥ 12:00 pm	Tap, int./adv.	Free
Senior Basketball	Free	♥ 12:00 pm	Open Basketball	Free
Tap Dance	\$5	<b>♥</b> 6:00 pm	Senior Basketball	Free
Open Basketball	Free	<b>♥</b> 6:00 pm	Senior Volleyball	Free
Senior Basketball	Free			
		Friday		
		<b>♥</b> 7:00 am	Fitness Room/Weight Training	Free
Fitness Room/Weight Training	Free	<b>♥</b> 7:00 am	Paddle Tennis, all levels	Free
Golf Course/18 holes	TBA	♥ 8:00 am	Bocce, all levels	Free
Pickle Ball	Free	♥ 8:00 am	Golf Instruction	Free
Table Tennis, all levels	Free	9:00 am	Cribbage	Free
Tap Dance	\$5	♥ 10:00 am	Tap Dance	Free
Senior Basketball	Free	<b>♥</b> 11:00 am	Senior Basketball	Free
Open Basketball	Free	♥ 12:00 pm	Open Basketball	Free
-		1:00 pm	Best Movies of All Time/Treats	Free
		♥ 8:00 pm	Open Volleyball, all levels	Free
Fitness Room/Weight Training	Free			
Paddle Tennis, all levels	Free	Saturday		
Golf Instruction	Free	♥ 8:00 am	Fitness Room/Weight Training	Free
Cribbage	Free	<b>♥</b> 2:00 pm	Jazz Dance	Free
Round Table/Guest Speaker	Free	•		
Open Basketball	Free	Sunday		
Jazz Dance	Free	♥ 8:00 am	Fitness Room/Weight Training	Free
		8:00 am	Special Events/Rentals/Leagues	
		<b>♥</b> 6:00 pm	Round Dance	Free
	Bocce, all levels Bowling (3 games/shoes) Golf Instruction Cribbage Senior Basketball Tap Dance Open Basketball Senior Basketball Fitness Room/Weight Training Golf Course/18 holes Pickle Ball Table Tennis, all levels Tap Dance Senior Basketball Open Basketball Fitness Room/Weight Training Paddle Tennis, all levels Golf Instruction Cribbage Round Table/Guest Speaker Open Basketball	Paddle Tennis, all levels Bocce, all levels Bowling (3 games/shoes) \$2.25 Golf Instruction TBA Cribbage Senior Basketball Tree Tap Dance Senior Basketball Free Senior Basketball Free Fitness Room/Weight Training Free Table Tennis, all levels Free Tap Dance Tap Dance Free Table Tennis, all levels Free Tap Dance Tap	Fitness Room/Weight Training Pree \$ 7:00 am Paddle Tennis, all levels Free \$ 8:00 am Bocce, all levels Free \$ 8:00 am Bowling (3 games/shoes) \$2.25 \$ 9:00 am Golf Instruction TBA \$ 11:00 am Cribbage Free \$ 12:00 pm Senior Basketball Free \$ 12:00 pm Tap Dance \$ 12:00 pm Senior Basketball Free \$ 6:00 pm Senior Basketball Free \$ 7:00 am Fitness Room/Weight Training Free \$ 7:00 am Fitness Room/Weight Training Free \$ 8:00 am Table Tennis, all levels Free \$ 9:00 am Senior Basketball Free \$ 11:00 pm \$ 8:00 pm Fitness Room/Weight Training Free \$ 11:00 pm \$ 8:00 pm \$ 8:00 pm Senior Basketball Free \$ 12:00 pm \$ 1:00 pm \$ 8:00 pm \$ 8:00 am Senior Basketball Free \$ 12:00 pm \$ 1:00 pm \$ 8:00 pm \$ 1:00 pm \$ 1:00 pm \$ 8:00 pm \$ 1:00 pm \$ 8:00 am Senior Basketball Free \$ 10:00 pm \$ 1:00	Fitness Room/Weight Training Pree Paddle Tennis, all levels Free Pree Priday  Free Pasketball Free Priday  Fr

## Fitness and Sports www.

### New players/participants are always welcome! Equipment and instruction available.

We encourage participation for the fun, social, health and quality-of-life benefits. See the schedule above for activities.

Fitness/Weight Room	Golf
Work out on a variety of equipment.	Special fees, instruction and tee times to match the
Monday-Friday 7 am-9 pm	season. Call Norm, 229-6307 for information.

It's not that you're too old to exercise, it's that you're too old **NOT** to exercise!

10

#### **DULA GYM** (continued)

## Day Trips

Advance registration and non-refundable \$2 transportation required per trip; space is limited. Additional costs as noted.

Bristlecone

#### **Seniors in Motion Hikers**

Enjoy fresh air and the beauty of the desert and mountains. Bring a sack lunch and water. Van leaves at 8:30 am.

Walkers' Hi	kes	<b>Short Hikes</b>	
Tuesdays	8:30 am	Thursdays	8:30 am
July 11	Lee Canyon	July 20	Trail Canyon
August 1	Kyle Canyon	August 24	Lost Creek





September 5 Duck Creek

#### **Downtown Cultural Series**

Transportation provided to the Lloyd George U.S. Courthouse for lunchtime entertainment. Bring a sack lunch or light refreshments are available.

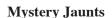
September 21

3rd Fridays 11 am-1:15 pm July 21

Vegas City Brass

September 15 Pianist Voltaire Verzosa

**Education** *mmmmmmmmm* 



We plan special, surprise trips for seniors who don't like to drive our busy streets. We'll call to confirm the trip and give additional instructions.

Tuesdays, July 25, August 22, September 19

9 am-2 pm Extra costs may be incurred

#### **Primm**

Enjoy a day out of town with your friends. Visit the casinos, browse through the shopping mall, and dare to ride the roller coaster.

Tuesday, September 26 8 am-4 pm Cost of lunch and extras

## manamana Special Events manamanana

## **Computer Classes**

Friday or Saturday classes start at the beginning of each month. Classes available in Spanish. Advance registration is required.

#### **Computer Basics, beginning**

Fridays	2-3 pm	\$15/4 weeks
<b>Microsoft Wor</b>	d & Excel, Internet	
Saturdays	2-3 pm	\$15/4 weeks

#### **Open Computer Lab**

Lab is open except during class times. Monday/Thursday/Saturday/Sunday 8 am-9 pm Free

#### **Round Table**

Newcomers are welcome at our weekly social and educational get-togethers. Listen to guest speakers, engage in lively discussions and enjoy a light lunch. Call for details.

Wednesdays 10 am Free

#### **July 4th Celebration**

Celebrate our great American holiday with music, entertainment and an old-fashioned barbecue, potato salad and baked beans.

Monday, July 3 10 am \$2

#### **Bocce Barbecue**

Bring your friends for bocce and a barbecue. Awards and good food!

Friday, September 22 11 am \$2

A friend or social group can serve as a support network, helping you achieve your fitness goals.

## EAST LAS VEGAS COMMUNITY/SENIOR CENTER

Bobbie Ann Howell, Center Coordinator 250 North Eastern Avenue • 229-1515 Open Monday-Friday, 8:30 am-4:30 pm Closed July 4, September 4 TTY 386-9108 (for the hearing impaired)



## Classes and activities are subject to change. Call to verify the times, dates and fees. Annual membership required: \$2

♥ Heart Hea	lthy Activities		Thursday		
Monday			♥ 8:00 am	Walking Group	Free
♥ 9:00 am	Mat & Stand Up Exercise	\$1	9:00 am	Open Computer Lab	Free
♥ 9:00 am	Golf (September 1)	\$5	9:00 am	Spanish, beg.	\$2
♥ 10:00 am	Chair Exercise	\$1	9:30 am	Coffee & Conversation Social	Free
10:00 am	Computer, beg.	\$15/4 wks.	9:30 am	Cribbage	Free
♥ 11:30 am	Tap Dance	\$2	10:00 am	Red Hat Society Meeting (1st Thurs	s.)
11:30 am	Lunch	\$2	♥ 10:00 am	Tap Dance	\$2
11:45 am	Computer, int.	\$15/4 wks.	11:30 am	Lunch	\$2
♥ 12:00 pm	Table Tennis	Free	♥ 12:00 pm	Table Tennis	Free
12:30 pm	Canasta	Free	<b>♥</b> 1:00 pm	Ballroom Dance	\$3
1:00 pm	Crochet and Knitting	Free	1:00 pm	Freestyle Drawing	\$3
1:15 pm	Computer, adv.	\$15/4 wks.	5:30 pm	English as a Second Language	Free
_			<b>♥</b> 7:00 pm	Square Dance	Call
Tuesday	W 11 ' C	Г	Eniden		
♥ 8:00 am	Walking Group	Free	Friday	Mat & Ctand Ha Evancia	<b>¢</b> 1
9:00 am	Acrylic Painting	\$3	♥ 9:00 am	Mat & Stand Up Exercise	\$1
♥ 9:00 am	Bowling	\$4	♥ 10:00 am	Chair Exercise	\$1
9:00 am	Cribbage	Free	♥ 11:00 am	Line Dance	\$3
11:00 am	Library District Outreach	Free	11:30 am	Lunch	\$2
♥ 11:30 am	Korean Folk Dance	Free	♥ 12:00 pm	Table Tennis	Free
11:30 am	Lunch	\$2	12:30 pm	Round Table Book Club (1st Fri.)	Free
♥ 12:00 pm	Table Tennis	Free	1:00 pm	Quilting	\$3
2:00 pm	Spanish, beg. New!	\$2	1:00 pm	Movie Madness (popcorn/soda)	\$1
5:30 pm	English as a Second Language	Free	5:30 pm	English as a Second Language	Free
<b>♥</b> 7:00 pm	Square Dance Lessons	\$2		C	
Wednesday				Community Resource	mmm
♥ 9:00 am	Mat & Stand Up Exercise	\$1	Legal Assista	nce	
♥ 10:00 am	Chair Exercise	\$1	_	counsel from Senior Citizens Law Pr	roject
10:00 am	Computer, beg.	\$15/4 wks.	-	9-6596 for an appointment	3
♥ 11:30 am	Korean Folk Dance	Free		aly 7, August 4, September 1	
11:30 am	Lunch	\$2	9-11 am	Free	
11:45 am	Computer, int.	\$15/4 wks.			
<b>♥</b> 12:00 pm	Table Tennis	Free	Senior Tradi	ng Library	
12:30 pm	Canasta	Free		o read? Check out our library.	
12:30 pm	Teddy Bear Club	Free	Monday-Frida	•	
1:00 pm	Diabetes Prevention Group	Free	ivioliday Tita	y um i pm	
1:15 pm	Computer, adv.	\$15/4 wks.	Volunteer Pr	ogram	
♥ 2:00 pm	Tai Chi	\$3		ested in helping with activities and sp	ecial
5:30 pm	English as a Second Language	Free	•	se call Kristen, 229-1510, to get invol	
5.50 pm	Zingiisii as a socolia Danguage	1100	events: Tieas	se can Kristen, 227-1310, to get livel	vcu.

13

Volunteering keeps you active.

We offer a wide variety of dance classes. Call 229-1515 for information.

Dance www.www.www.

## manamana Day Trips mmmmmmm

Pre-registration and a \$2 non-refundable transportation fee required per trip. Space is limited. Additional costs as noted.

#### **Nathan Burton Comedy Show**

Join us for a laughter-filled excursion. We'll eat lunch at the Aladdin.

Thursday, July 13 10:30 am-4 pm

### Hiking

Bring sunscreen, sack lunch and water. 8:30 am Fridays **256848** July 14 Kyle Canyon **256849** August 18 Lee Canyon **256850** September 15 Mt. Potosi



#### Super Summer Theater at Spring Mountain Ranch.

Bring a picnic dinner for theatre under the stars.

Thursdays 5:30-10 pm **256834** July 20 Return to the Forbidden Planet \$10 **256842** August 17 **Bells Are Ringing** \$10 256843 September 14 Noises off \$12

#### **Digital Camera Club Field Trips**

Bring lunch, water and camera for a monthly field trip.

Mondays 10 am-2 pm **256830** July 24 **256845** August 28

**256846** September 25

#### **Breakfast and Movie Club**

Socialize with friends and watch the latest movies. Fridays 9:30 am Cost of buffet/movie

**256831** July 28 **256837** August 11 **256844** September 8

## mmmmmm Day Trips (continued) mmmmmmm

#### **Stargazing Beyond the Neon (256832)**

Following dinner at a local buffet, we'll join the Las Vegas Astronomical Society at Red Rock for some star gazing. Bring binoculars, telescopes, star guides and lounge chairs.

Saturday, August 26 5-11:30 pm Cost of buffet

#### Laughlin Trip (256833)

Spend the day in Laughlin; free breakfast or lunch buffet. Wednesday, September 6 7 am-approx. 4 pm

#### A Day on Lake Mead (256835)

Enjoy the serenity of Lake Mead relaxing on a pontoon boat. Fee includes transportation and lunch. Thursday, September 7 8 am-4 pm \$30

#### Horseback Riding (256836)

For non-riders, a wagon ride is available. Fee includes transportation and lunch.

Tuesday, September 26 8:30 am-3 pm

\$35

### mmmmmmm Education www.

Pre-registration required for all classes. Call 229-1515.

### **Computer Classes**

Four-week classes start at the beginning of each month. Call 229-1515 to reserve your spot. \$15/session Monday/Wednesday 10-11:30 am Beginner **256857** July **256861** August **256862** September

**Intermediate** Monday/Wednesday 11:45 am-1:15 pm **256858** July **256865** August 256867 September

Monday/Wednesday 1:30-3 pm Advanced **256866** August **256868** September **256859** July

#### **Open Computer Lab**

Thursdays 9 am-2 pm Free

#### **AARP Safe Driving Course**

Lower your insurance premium upon successful completion. You must pre-register and attend both days. \$10

Monday & Tuesday 9:30 am -1 pm **256864** July 17 & 18

**256869** August 14 & 15 **256870** September 18 & 19

14

Keep the brain cells functioning by learning something new.

#### **EAST LAS VEGAS COMMUNITY/SENIOR CENTER** (continued)

## **Education** (continued) **""""**

#### **Digital Camera Class**

Learn about the latest camera technology along with tips and tricks. You will learn how to use your camera and print your pictures. Bring your photos on CD or digital card, or bring A/V cable to hook to our television. Fridays 2 pm \$2

**256880** July 21 **256881** September 22



## minimum Fitness www.

Dance, walk, stretch and move your way towards wellness. See the schedule for a full list of available classes.

#### **Chair Exercise with Kelly**

Chair exercise can benefit everyone.

Monday/Wednesday/Friday 10 am \$1/class

#### Mat & Stand Up Exercise

Our low impact class builds strength and endurance using light weights.

Monday/Wednesday/Friday 9 am \$1/class

## mmmmmm Health and Wellness www

## **Blood Pressure Checks**

Wednesdays 9:30-11:30 am Free

## **Senior Nutrition Program**

Healthy lunches served. No reservations needed. No lunch program August 24-September 8. 11:30 am \$2 Monday-Friday



Take the stairs instead of an escalator or elevator.

#### **Cell Phones 101**

Do you have a cell phone and don't know how to use it? We can help. Bring your phone (any make).

Tuesdays 1 pm Free **256883** August 22 **256882** July 25

#### **Guest Speakers Series/Problem Gambling (256884)**

Come and ask those burning questions.

Wednesday, September 13 12:30 pm Free

## uuuuuuuuuu Social Groups www.

Do you like to play cards? Join us! No clubs, no fees, just great people and lots of fun.

Canasta Monday/Wednesday/Friday 12:30-4 pm **Cribbage** Tuesday/Thursday 10 am-4 pm

#### **Coffee and Conversation Discussion Group**

Catch up on the latest news, share some lively conversation with friends, and enjoy a cup of coffee.

9:30 am Thursdays Free

#### **Red Hat Society**

Join our fun-loving group of women. Red and purple are the colors of the day!

1st Thursdays, July 7, August 4, September 1 10 am

#### **Scrabble Club**

Test your spelling skills.

2nd Fridays, July 14, August 11, September 8

Free 12:30 pm

### uuuuuuuuu Sports uuuuuuuuu

## Sports Forum New!

Join other sports fans who like to rehash football games. Coffee and doughnuts available. Call for information. Mondays, beginning August 31 9:30-10:30 am Free

#### **Bowling at Texas Station (256856)**

\$4 (2 games & shoe rental) Tuesdays 9 am

#### Golf (256851)

Play a round of golf at Angel Park's 18-hole putting

Monday, September 11

#### Shuffleboard (260557)

No partner needed.

15

Thursday, September 28 9 am Free

#### **EAST LAS VEGAS COMMUNITY/SENIOR CENTER** (continued)

### 

Pre-registration required for all events. Call 229-1515 or stop by the front desk.

#### Red White and Blue Barbecue (256886)

Celebrate Independence Day with our 4th annual Fourth of July barbecue. We'll light up the grill and celebrate with entertainment and great food.

Friday, June 30 11:30 am \$3

#### Pancake Breakfast

Stop by for pancakes, eggs, bacon, hash browns and juice.

Thursdays 9 am \$2 **256624** July 6 **256626** September 14

**256625** August 3

#### Parks and Recreation Celebration (256885)

In honor of National Parks and Recreation Month, we're having a one-of-a-kind celebration. Participate in recreational activities in an indoor park setting. Bring a picnic lunch or purchase one for \$3.

Tuesday, July 18 10 am-2 pm Free (lunch \$3)

#### Big Banana Split Bash (256627)

Celebrate National Ice Cream Month at our annual banana split bash with fun and entertainment.

Wednesday, July 26 12:30 pm \$2

#### **Summer Luau (256628)**

A Hawaiian feast, dancing, great entertainment and lots of fun!

Wednesday, August 16 11:30 am \$4

#### City of Las Vegas Senior Centers' End of Summer Bash (256649)

Escape the heat and enjoy the great outdoors at Mt. Charleston. There will be hiking, card playing, arts and craft projects, and a barbecue lunch.

Thursday, August 24

8:30 am-4 pm

\$5, includes lunch

#### Karaoke Night (256629)

Join us for singing, dancing and loads of fun! Bring a friend or two, make new friends, and "rock and roll."
Friday, September 15 5-8 pm
Free (spaghetti dinner \$5)

#### Bingo Bash (256648)

We are all about bingo today! But we'll break for lunch. Thursday, September 21 10 am-2 pm \$6 (includes lunch/snacks)

#### 14th Annual Blue Moon Ball

## Dancing to the Silvery Moon Carl Grove Combo

Dance to favorite music from yesterday.

Light refreshments.

Friday, September 29 6:30-10 pm \$10 per person



### Workshops

#### Pre-registration required. Call 229-1515.

#### **General Interest Workshops**

Receive information about a variety of topics in free workshops. Light refreshments served.

#### Digital Camera Workshop (256873)

Bring your digital camera and get expert advice from professional photographers. Guest speakers will discuss topics such as "How to take a better picture" and "Enhancing your photo with PhotoShop."

Monday, July 10 12-3:30 pm Free

#### **Astronomy 101 (256874)**

Understand the sky and learn about planets, moon phases and more.

Thursday, August 10 1 pm Free

#### **Using iTunes (256875)**

Listening to music on your computer has never been easier. Learn how to download music from the Internet or CDs and make compilation CDs as well as mixing music to play back on your home computer.

Tuesday, August 29 12:30 pm Free

Relax, rest and revitalize - take time out for leisure.

## HOWARD LIEBURN SENIOR CENTER

6230 Garwood Avenue (US 95 and Jones Boulevard) 229-1600

Open Monday-Friday, 8 am-4 pm Closed July 4, September 4

TTY 386-9108 (for the hearing impaired)



## Classes and activities are subject to change. Please call to verify times and dates. Annual membership required: \$2

<b>♥</b> Heart H	lealthy Activities	
Monday		
8:00 am	Lieburn Game Club	Free
8:00 am	Open Computer Lab	Free
<b>♥</b> 8:00 am	Walk & Talk Walking Club	Free
<b>♥</b> 8:30 am	Sit & Fit Cardio Exercise	\$3
<b>♥</b> 8:30 am	Table Tennis	Free
<b>♥</b> 9:00 am	Fitness Assessments	\$10
<b>♥</b> 9:30 am	Yoga with Deborah	\$5
10:00 am	Freestyle Drawing	\$3
12:00 pm	Bridge Club	Free
<b>♥</b> 1:00 pm	Chair Massage (2nd & 4th Mon.)	
_	\$7.50/15 min. + .50 each additional	al minute
1:00 pm	Digital Camera Club	
_	(2nd & 4th Mon.)	Free
Tuesday		
8:00 am	Lieburn Game Club	Free
8:00 am	Open Computer Lab	Free
<b>♥</b> 8:00 am	Walk & Talk Walking Club	Free
9:00 am	Ceramics	\$3*
♥ 9:00 am	Strength & Flexibility Exercise	\$1

▼ 9:00 am	Strength & Flexibility Exercise	\$1
9:30 am	Computers with Michael	\$6/3 wks.
11:00 am	Computers with Michael	\$6/3 wks.
11:00 am	Fun Time/Grandma, Grandpa 1	Vew! \$4
♥ 11:00 am	In Balance Training with Doris	\$3
12:30 pm	eBay Part One	\$20/4 wks.
<b>♥</b> 1:00 pm	Fitness Assessments	\$10
1:00 pm	Wax In-lay Beading	\$3*
2:00 pm	eBay Part Two	\$20/4 wks.

Wednesday
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	J		
	8:00 am	Lieburn Game Club	Free
	8:00 am	Open Computer Lab	Free
•	8:00 am	Walk & Talk Walking Club	Free
	8:30 am	Breakfast Nook (2nd Wed.)	\$2
•	8:30 am	Table Tennis	Free
•	9:00 am	Circuit Training Exercise	\$3
	9:30 am	Kids to Kids	Free
	10:00 am	Guitar	\$1
	11:00 am	Nimble Thumbs	
		Knitting/Crochet Club	Free
	12:00 pm	Pinochle	Free
	1:00 pm	Computers with Michael	\$6/3 wks.

### Thursday

8:00 am	n Lieburn Game Club	Free
8:00 am	Open Computer Lab	Free
♥ 8:00 am	n Walk & Talk Walking Club	Free
9:00 am	Ask the Master Gardener	Free
♥ 9:00 am	Strength & Flexibility Exercise	e \$1
9:30 am	Computers with Michael	\$6/3 wks
♥ 9:30 am	n TOPS (first meeting free)	
♥ 11:00 am	n Pilates	\$18/6 wks
11:00 am	Scrapbook Basics New!	
	(2nd & 4th Thurs.)	\$3
1:30 pm	n Ceramics	\$3
•		

## Friday

	•		
	8:00 am	Lieburn Game Club	Fre
	8:00 am	Open Computer Lab	Fre
~	8:00 am	Walk & Talk Walking Club	Fre
¥	8:30 am	Lieburn Hiking Club (2nd Fri.)	\$2
	9:00 am	Law Project Consultations (2nd Fri.)	Fre
¥	11:00 am	Tai Chi	\$3
	11:30 am	Watercolor	\$3
	12:00 pm	Pinochle	Fre
~	1:00 pm	Gotta Dance Class	\$3
*5	supplies extr	a	

#### Arts and Crafts

#### Fun Time with Grandma and Grandpa New!

Bored of being at home with your grandkids with nothing to do? Bring them to the center for an hour of fun activities.

Tuesdays 11 am-12 pm \$4 group

#### Scrapbook Basics New!

17

Dust off those stored pictures and learn how to create wonderful scrapbooks using themed paper with embellishments. Stop by to see samples and pick up a supply list. 2nd & 4th Thursdays 10 am-12 pm \$3/class

Volunteering is spiritually rewarding.

#### **LIEBURN SENIOR CENTER** (continued)

## munumum Cards and Games mmmmmmm

Bridge and pinochle clubs meet weekly. Join the fun! The Leiburn Game Club offers puzzles and games galore!

Monday-Friday 8 am-4 pm Free

#### Dance www

#### **Gotta Dance Class**

No partner needed. Instructor Donna Abnathy teaches a variety of dance styles in a line-dance format.

Fridays 1-2 pm \$3/class

Advance registration and \$2 non-refundable transportation fee required per trip; space is limited. Additional costs as noted.

#### Hiking

Enjoy nature! Bring a sack lunch, water and camera.

8:30 am-2:30 pm Fridays **253465** July 14 Kyle Canyon **253466** August 18 Lee Canyon 253467 September 15 Mt. Potosi



#### **Super Summer Theatre at Spring Mountain Ranch**

Bring a picnic dinner and enjoy theatre under the stars. 5:30-10 pm Thursdays

**256367** July 20 Return to the

Forbidden Planet

\$10

**256368** August 17 Bells Are Ringing \$10 256369 September 14 Noises Off \$12

#### Stargazing Beyond the Neon (256370)

Following dinner at a local buffet, we'll join the Las Vegas Astronomical Society at Red Rock for some stargazing. Bring binoculars, telescopes, star guides and lounge chairs.

Saturday, August 26 5-11:30 pm Cost of buffet

## unununun Community Assistance ununununun

#### **Kids to Kids**

Calling all volunteers. Kids to Kids is a nonprofit organization that cleans gently used books and distributes them to at-risk children.

1st & 3rd Wednesdays 9:30 am Free

#### **Senior Citizen Law Project**

Receive legal counsel on a variety of topics. Call 229-6596 to schedule an appointment at Lieburn. 2nd Fridays, July 14, August 11, September 8 Free 9-11 am

## 

## City of Las Vegas Senior Centers' End of Summer Bash (256930)

Escape the heat and enjoy the great outdoors at Mt. Charleston. There will be hiking, card playing, arts and craft projects, and a barbecue lunch.

Thursday, August 24 8:30 am-4 pm

\$5, includes lunch

#### A Day on Lake Mead (261178)

Enjoy the serenity of Lake Mead relaxing on a pontoon boat. Fee includes transportation and lunch. Thursday, September 7 8 am-4 pm \$30

## Menopause the Musical at Las Vegas Hilton (260729)

Tickets must be purchased by August 18.

Wednesday, September 20 1-6 pm \$48

#### **Pahrump Winery Tour**

We'll tour the winery, learn how wine is made and enjoy lunch. Van pick up will be at Derfelt Senior Center. Thursday, September 21 9:30 am-4:30 pm \$17



## LIEBURN SENIOR CENTER (continued)

#### Education

#### **AARP Safe Driving Course**

Lower your insurance premium upon successful completion. You must pre-register and attend both days. 3rd Wednesdays & Thursdays 12-4 pm \$10 payable to AARP

#### **Computer Classes with Michael Smith**

Three-week classes begin the first week of each month. \$6/session payable before first class

July

**253388 Windows** T/Th 9:30-10:30 am **253386 Intro to Computers** T/Th 11 am-12 pm **253380 Internet** 1-3 pm September 253374 Microsoft Word T/Th 9:30-10:30 am **253389** Windows T/Th 11 am-12 pm 253387 Intro to Computers W 1-3 pm



#### **Open Computer Lab**

High-speed access to Internet. Closed during class times.

Free Monday-Friday 8 am-4 pm

#### **eBay (Parts 1 & 2)**

Learn how to buy and sell on eBay from Marianne Hanel. Basic computer skills required. Pay instructor on first day of class.

Part 1 Introduction and Buying Techniques Tuesdays 12:30-2 pm \$20/4 weeks **Part 2 Selling Techniques (prerequisite Part 1)** Tuesdays 2-3:30 pm \$20/4 weeks

#### Digital Camera Workshop (253382)

Bring your digital camera and get expert advice from professional photographers. Guest speakers will discuss topics such as "How to take a better picture" and "Enhancing your photo with

PhotoShop."

Monday, July 10 12:30-3:30 pm Free

#### Photo Scanner Workshop (253385)

Learn how to scan and enhance photos, send as e-mails and digitally store.

\$2 Wednesday, July 26 1-3 pm

### **Digital Camera Club**

Discuss tips and tricks and learn about new technol-

ogy. Bring your photos on CD, digital card or bring you're A/V cable to hook to our television. Once a month, we'll go on a photographic field trip. Meetings: Mondays, August 7,

September 11

1-3 pm

Free

Field trips: Mondays, July 24, August 28, September 25 \$2 transportation fee 10 am-2 pm

#### CD-Burning Workshop (253383)

Learn how to back up your computer, transfer files and make a CD of your favorite music.

Monday, August 21 1-3 pm \$2

#### **Ophthalmic Associates Eye Care Lecture (253395)**

Jody Kennedy, Ophthalmic Associates' surgical services manager, shares new technology in cataract surgery and the latest research regarding macular degeneration, diabetes and related eye disease issues. A question and answer session will follow.

Wednesday, September 6 1:30-3 pm Free

## Picture It Photo Workshop (253384)

Edit, crop, add borders and change the color of photographs; then add them to a calendar, card, etc. Wednesday, September 27 1-3 pm

#### Lieburn Library Nook

Check out books, magazines, videos, and new-release DVD movies from our library.

Monday-Friday 8 am-4 pm Free

A senior center is a social outlet. You make friends and they will call to see where you are if you don't show up. The four components of fitness are endurance, strength, flexibility and balance, all especially important as we grow older.

#### LIEBURN SENIOR CENTER (continued)

#### **Fitness**

#### **Chair Massage**

Discover the healing power of massage with licensed massage therapist Becky McKee.

2nd & 4th Mondays 1-3 pm \$7.50 (15 minutes + 50¢ each additional minute)

#### **Circuit Training Exercise**

Learn the proper use of exercise machines, using a circuit-training format for increased heart rate/weight loss. Instructor: Jennifer Rose Campbell, BS Wednesdays (except last Wednesday of month) 9-10:30 am \$3/class



#### Sit & Fit Cardio Exercise

Improve your cardiovascular fitness, burn fat and tone muscles with aerobic chair exercise.

Instructor: Doris Bondi, CPFT, AMP, EMP Mondays 8:30-9:30 am \$3/class

#### **Personal Training Fitness Assessments**

Jennifer Rose Campbell, BS, will assess your fitness level, including blood pressure, resting heart rate and cardiovascular health. Goal-setting and a resistance training session also included. Sessions held next door at Mirabelli Community Center. Call 229-1600 for an appointment.

Mondays & Tuesdays \$10

## manamana Social Groups manamanana

#### **Daughters of the Utah Pioneers**

2nd Mondays 12 pm

#### **TOPS (Take Off Pounds Sensibly)**

This support group helps participants with their weight loss program.

Thursdays 9:30 am

## Special Events www.

#### **Lieburn Luncheons**

Reservations required at least two days prior to each lunch.

Fridays 11 am (lunch at 11:30 am) \$3

**253470** July 7 Fourth of July Celebration Celebrate our nation's birth with us!

**253471** July 21 National Ice Cream Day Enjoy lunch, then a rainbow of ice creams!

**253472** August 11 S'mores Day If you do not know what a 'S'Mores' is, come and find out at this luncheon event!

**253473** August 25 Blueberry Patch It is National Blueberry Month and we are celebrating the berry!

**253474** September 8 Grandparents' Day We are honoring our grandparents. Bring your grandchildren! A professional photographer will be available for portraits with your grandchildren.

**253475** September 22 Constitution Day The signing of this great document is the day's theme.

#### **Breakfast Nook**

Start your day with a delicious breakfast! Wednesdays 8:30-9:30 am

**256363** July 19

**256364** August 2 **256365** September 13



\$2

## **Sports**

#### Golf

Join us as we play a round of golf at Angel Park's 18-hole putting course.

Monday, September 11 9 am \$6

## Lettie Peters, Center Coordinator 451 East Bonanza Road • 229-6454

LAS VEGAS SENIOR CENTER

Open Monday-Friday, 8 am-10 pm; Saturday, 8:30 am-10 pm Closed July 4, September 4

TTY 386-9108 (for hearing impaired)

♥ 9:00 am Stability Ball Training



Classes and activities are subject to change. Many classes take breaks during the summer. Please call to verify class schedule. Call for information about joining clubs and groups and to sign up for a *New* class. All fees are subject to change and based on per class attended. The pool/dart room is open daily, no charge. Smoking is not allowed.

Annual membership required: \$2

♥ 9:00 amStability Ball Training\$2♥ 9:00 amStability Ball Training10:00 amBunco Party New!Free9:30 amWax In-lay Beading10:00 amJapanese Embroidery\$310:00 amHumanities Discussion Group10:00 amWoodcarving & Wood BurningFree10:00 amNeedlepoint♥ 10:30 amTap Dance, beg.\$310:30 ameBay Savvy♥ 11:30 amTap Dance, int.\$310:30 amQuilting Workshop♥ 1:00 pmCowboy Mike's Line Dance, no July/Aug. (begins Sept. 5, 12 pm on 2nd Tues.)11:00 amUkulele, beg.1:00 pmHealth Is WealthFree12:00 pmWatercolor New!1:00 pmPorcelain Doll-Making1:00 pmAfternoon Movie	Free \$3  Call \$5  Call Call Free \$5
▼ 9:00 am       Fitness After 50 Aerobics with Mary Lou       \$2       10:00 am       Seniors Can New! (begins August 16)         10:00 am       China Painting       \$3       ▼ 10:00 am       Tai Chi         10:00 am       Fun Time with       ▼ 11:30 am       Ukulele Dance Practice (must be in ukulele class)         12:00 pm       Sewing New!       \$4       11:30 am       Ukulele Dance Practice (must be in ukulele class)         12:00 pm       Silver Aces Duplicate Bridge Club       Call       4:00 pm       Desert Wins Duplicate Bridge         1:00 pm       Bingo Excitement       75¢       5:00 pm       Hula Band Practice         1:00 pm       Freestyle Drawing       \$3       6:30 pm       Round Dance         * 6:30 pm       Aerobics New!       \$3       * Thursday         * 7:00 pm       Ballroom Dance New!       \$5       Thursday         * 8:00 am       Morning Media       Free       9:00 am       Crochet and Knit         * 9:00 am       Stability Ball Training       \$2       9:00 am       Stability Ball Training         * 9:00 am       Japanese Embroidery       \$3       10:00 am       Humanities Discussion Group         * 10:00 am       Woodcarving & Wood Burning       Free       9:30 am       Health Is Wealth       10:30 am	Free \$3 Call \$5 Call Call Free \$5
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1:00 pm Computer, beg. \$13/4 wks. 1:00 pm Quitting	\$3
	\$15/4 wks.
6:00 pm Movie Free 4:00 pm Guitar	\$3
6:30 pm English as a 2nd Language \$3 ♥ 4:30 pm Cooking Healthy (2nd Thursday	y) Free
♥ 6:30 pm Round Dance, adv. \$5 6:00 pm Singles Club <i>New!</i>	Free
6:30 pm Silversmith Class Call 6:00 pm Spanish New!	\$4
7:00 pm Frontline Recovery Group	Call
Wednesday  ▼ 7:00 pm Square Dance (July 6, Aug. 3,	
8:00 am Morning Media Free Sept. 7, 14, 21, 28)	\$3
♥ 9:00 am Blood Pressure Screening Free	

Participating in recreational activities builds self-esteem.

\$2

21

A balanced diet includes protein, carbohydrates, fiber, vitamins and minerals; everything in moderation.

### LAS VEGAS SENIOR CENTER (continued)

Friday		
8:00 am	Morning Media	Free
♥ 9:00 am	Fitness After 50 Aerobics	
	with Mary Lou	\$2
9:00 am	Oil Painting	\$3
9:00 am	Spanish, beg.	\$3
10:00 am	Spanish, int.	\$3
♥ 10:00 am	Tap Dance, beg.	\$3
♥ 11:00 am	Belly Dance	\$3
11:00 am	Reflexology (Aug. 4, 11)	\$3
♥ 11:00 am	Tae Kwon Do <i>New!</i> (begins Sept. 8)	\$3
11:30 am	Golden Age Card Club	Call
12:00 pm	Chinese Mah Jongg	Call
1:00 pm	Afternoon Movie	Free
1:00 pm	Ceramics	\$3
1:00 pm	Sing-a-long w/LV Fun Time Singers	Free
<b>♥</b> 4:00 pm	Hula Basics	\$3
<b>♥</b> 5:00 pm	Hula, int.	\$3
<b>♥</b> 7:00 pm	Hula, adv.	\$3
<b>♥</b> 7:00 pm	Book Club New! (begins July 7)	Free
Saturday		
9:00 am	Ceramics	\$3
♥ 9:00 am	Round Dance	\$5
10:00 am	Spanish, conversational	\$3
11:00 am	English as a 2nd Language	\$3
12:30 pm	Blue Card Duplicate Bridge Club	Call
♥ 12:30 pm	Parkinson's Exercise Class	Call
1:00 pm	Afternoon Movie	Free
<b>♥</b> 2:00 pm	Swing Dance	\$5
<b>♥</b> 6:30 pm	Ballroom Dance (Social)	\$4

## **Monthly Las Vegas Senior Center Meetings**

**Las Vegas Numismatic Society** 2nd Saturdays 6-9:30 pm

**Porcelain Art Guild** 

1st Wednesdays 9 am-12 pm

**Southern Nevada Gem & Mineral Society** 7-9:30 pm

## Arts and Crafts w



1st Mondays

We offer a variety of classes including oil painting, drawing, wax in-lay beading, wood carving and wood burning, and more. See the schedule for days, times and fees.

## manner Arts and Crafts (continued)

#### Fun Time with Grandma & Grandpa New!

Bored of being at home with your grandkids with nothing to do? Bring them to the center for an hour of fun activities.

10-11 am Mondays \$4 group

#### Porcelain Doll-Making New Instructor!

Learn the unique, fulfilling art of porcelain doll-making. From the head to the toes, you will learn how to make porcelain come alive in the form of a doll. Sign up or stop by the class today.

Tuesdays \$3/class 1 pm

#### Sewing 101 New!

Sign up now! Dust off your sewing machine and join us to finish those projects or learn how easy it is to mend a pair of pants or sew a hem. Bring your machine or use ours. Bring your own sewing supplies.

Mondays, beginning July 10 12 pm \$3/class

#### Watercolor New!

This teacher is awesome! She'll be sure to cultivate your creative side. All styles and interpretation are welcome; her only requirement is that you have fun and make friends. A supply list is available.

Thursdays \$3/class 12 pm

## Cards and Games www

## New members always welcome!

Duplicate bridge clubs meet on Monday, Wednesday and Saturday, and family-style bridge on Friday. We also offer several game classes including mah jongg on Fridays. See the schedule for details. We will also help you form partnerships for duplicate bridge if you do not currently have a partner.

#### Game Day New!

Join us for dominos, spades, and darts! Or check out games such as chess, checkers, backgammon, Yahtzee, Scrabble and more.

Wednesdays 10 am-12 pm & 6-8 pm Free

#### Bunco New!

Bunco dates back to the late 1800s and is becoming ever more popular at parties, social events, etc. New groups are popping up across the country. Call for details. Tuesdays 10-11 am Free

Playing cards and games helps keep the mind sharp.

#### LAS VEGAS SENIOR CENTER (continued)

## 

#### Las Vegas Senior Center **Information Services Committee**

We want your input! Help make our center a better place by taking an active role in the programs we offer. We'll share information and ideas about new and existing programs. Doughnuts and coffee are always served. Everyone is welcome!

First Wednesdays, August 2, September 6 Free 10:15 am

## Dance w

Do you enjoy dancing? See the schedule for hula, line, square, ballroom and swing dance classes. Don't miss the Saturday night social dances with live music.

#### Belly Dancing New!

Learn the mysterious art of belly dancing with instructor Jasmine Gamal. Not only is this class fun and exciting, it burns calories and tones some of those unused muscles!

Fridays 11 am-12 pm \$3/class

## Weekly Saturday Night Dance with **Boyd Coulter's Good Times Band**

Every Saturday night, cut a rug with live music and good friends in our beautiful climate-controlled ballroom. Join us for the following specialty themed dances. Light refreshments available.

Saturdays 6:30-9:30 pm \$4

#### **Boardwalk Party**

Summer is the time to remember being on the Atlantic City boardwalk. Grab your partner and feel the breeze of the ocean and dance the night away to great music. 6:30-9:30 pm Saturday, July 15

#### Western "Kick Up Your Heels" Dance

Bring your boots, cowboy hat and best girl to swing and sway the western way to ballroom music. Saturday, August 19 6:30-9:30 pm \$4

#### **September Sock Hop**

Dance the night away in your favorite sock hop attire. Saturday, September 16 6:30-9:30 pm

## manamanaman Day Trips www.

Advance registration and \$2 non-refundable transportation fee required per trip. A waiver must be filled out for each trip and a minimum of 5 people is required or the trip may be canceled. Additional costs as noted.

#### **Breakfast and Movie (256165)**

Bring a friend and meet new ones as we go to breakfast and watch the latest release at a local casino.

Wednesday, July 12 9 am \$5.75 movie + breakfast

#### **Lunch & the Dennis Bono Show**

Watch a live taping of the Dennis Bono Show, with national and local performers.

Thursdays 12-3:30 pm Cost of lunch **256169** July 20 **256167** August 17

#### **Super Summer Theatre at Spring Mountain Ranch**

Bring a picnic dinner and enjoy a play under the stars.

Thursdays	5-10:30 pm	
<b>256166</b> July 20	Return to the	
·	Forbidden Planet	\$10
<b>256171</b> August 17	<b>Bells Are Ringing</b>	\$10
<b>256172</b> September 14	Noises Off	\$12

### City of Las Vegas Senior Centers' End of the Summer BBQ (256164)

Escape the heat and enjoy the great outdoors at Mt. Charleston. There will be hiking, card playing, arts and craft projects, and a barbecue lunch.

Thursday, August 24 8:30 am-3:30 pm \$5

#### Pahrump Winery Lunch Tour (256163)

We'll tour the winery, learn how wine is made, and enjoy lunch.

Thursday, September 21 9:30 am-4:30 pm \$17

## **Senior Tripsters Inc.**

This travel club for seniors age 55 and older travels the world. Call 387-0007 for additional information.

2nd Tuesdays 1-3 pm



"Nobody cares if you don't dance well. Just get up and dance." - Martha Graham

### **Education** *mmmmmmmmm*

#### Seniors CAN New!

Four-month educational program helps seniors live independently in their own homes. Sign up at the front desk. Begins Wednesday, August 16 10-11:30 am Free

#### **AARP Safe Driving Course**

Lower your insurance premium upon successful completion of this course. Space is limited.

Monday/Tuesday, July 17 & 18, August 21 & 22,

September 18 & 19	5-9 pm	\$10
Wednesdays, August 16 & 23	1-5 pm	\$10

#### **Computer Classes**

4-week classes start the first Tuesday of each month.

## **Pre-registration and payment required**. Call to enroll. **Beginning Computers**

Learn basic computer skills and Word.

Tuesday/Thursd	lay 1-2:30 pm		\$15
<b>256269</b> July	<b>256272</b> August	256275	September

## **Intermediate Computers**

Delve into the Internet and e-mail.

Tuesday/Thurs	day	3-4:30 pm		\$15
<b>256271</b> July	25627	4 August	256279	September

#### **Open Computer Lab**

Check e-mail or surf the Web. Must be a center member and follow center policies.

Monday, Wednesday/Friday	8 am-5 pm	Free
Tuesday/Saturday	8:30 am-12 pm	Free
Thursdays Closed		

#### eBay Classes

Four-week classes begin the first Thursday of each month. Basic computer skills required. Call to sign up. **Intro to eBay** 

Learn how to research and buy on the world's most popular Internet auction site.

Thursdays 9-10:30 am \$20 payable to instructor

#### **eBay Savvy (prerequisite: Intro to eBay)**

Learn how to sell and market your items to maximize your profit.

Thursdays 10:30 am-12 pm \$20 payable to instructor

### minimum Education (continued) minimum

#### CPR/AED/First Aid

CPR Connection teaches life-giving skills until emergency medical care arrives. Two-year certification is accredited by CCSD.

Saturdays, July 22, August 5, 19, September 16, 30 10 am-1 pm \$25 payable to instructor

#### **English as a Second Language**

Learn the basics of English vocabulary and grammar.

Tuesdays	6:30 pm	\$3/class
Saturdays	11:00 am	\$3/class

#### **Spanish Classes**

Learn basic conversation to help you communicate on your trip or everyday life. Enroll in advance.

	•		
New Day!	Thursdays	6 pm	\$4/class
Beginning	Fridays	9 am	\$3/class
Intermediate	Fridays	10 am	\$3/class
Conversational	Saturdays	10 am	\$3/class

## manamana Fitness minimum

#### Fitness After 50 Aerobics with Mary Lou

Tighten, tone and stretch those muscles with high-energy, low impact aerobics.

Mondays & Fridays	9 am	\$2/class
Mondays New!	6:30 pm	\$3/class

#### **Stability Ball Training with Doris**

Have fun with balls! This mix of aerobics, yoga, Pilates, meditation and light weights is great exercise.

Tuesday/Wednesday/Thursday 9 am \$2/class



### ununununun Fitness (continued) uuuuuuuuu

#### Tae Kwon Do, beginning New!

Don't be afraid to try something new. This Korean self-defense form of martial arts is all about discipline, and it's good exercise, too. Call today to sign up!
Fridays, beginning September 8
11 am-12 pm \$3/class

#### Tai Chi with Billie Ann New!

Tai chi is smooth, flowing exercise that improves or maintains health, creates a sense of relaxation and keeps qi flowing. Join today for better health and fitness!

Wednesdays 10 am \$3/class

## mmmmmm Health and Wellness mmmmmmm

#### WorldDoc New Free Partnership!

We're partnering with WorldDoc to provide Internet access to quality medical support. Anyone who has a senior center membership can enroll for this free service, which is provided though a grant from the Golden Nugget Hotel and Casino. You'll have access to health and symptom evaluation, a medical library, health helpers and pharmacy facts, and keep your personal health files up to date. All information is secure and confidential and kept under your own private password. Call us for details.

### **Blood Pressure Checks**

Get your blood pressure checked by a retired nurse.
Wednesdays 9-10 am
Free

#### **Health Is Wealth**

Learn about your body and how to improve your health.

Tuesdays 1 pm

Free

#### Reflexology

Reflexology is the application of pressure, stretch and movement to the feet and hands to affect corresponding parts of the body. Learn the basic techniques and start to relax today in this 2-day workshop.

Fridays, August 4 & 11 9:30 am-11 am \$3/class

#### 

Have fun with music. Learn how to play the guitar or ukulele or lend your voice to the Fun Time Singers chorus!

#### Guitar New!

It's never too late to pick up the guitar and learn, or brush up on your skills.

Thursdays 4 pm \$3/class



### manamana Nutrition www.mummummumm

#### Cooking

Learn to cook low-fat, healthy recipes. Sign up now as space is limited.

Thursdays, July 13, August 10, September 14 4:30-5:30 pm Free

#### **Hamburger Tuesday**

What a bargain – a 1/4 lb. sirloin burger, our famous sweet grilled onions, chips and drink, while supplies last. Tuesdays

11 am-1 pm

\$2 + extras

#### **Monthly Breakfast**

Enjoy our monthly themed breakfasts.

3rd Wednesdays 8:30-10 am \$3

July 19 Red, white & blue French toast (strawberries, blueberries, whipped

cream), eggs and sausage

August 16 Chocolate chip pancakes, eggs,

bacon

September 20 Build your own breakfast Mexican

burritos! Choose from tomatoes, sausage, potatoes, cheese and salsa.

You can help control your weight by fooling the mind and using a smaller plate for your food.

#### LAS VEGAS SENIOR CENTER (continued)

## Social Groups www

#### Book Club New!

Read interesting books; discuss and share your insights over light refreshments! Call for book titles. Fridays, beginning July 7 Free 7 pm

#### **Humanities Discussion Group**

Enjoy a wide variety of speakers and topics. Light refreshments served. Call for future speakers. Thursdays 10 am Free

July 6 Sherrie & Dusty the Wonder Dog

July 13 Responsible Gambling with Charlene

July 20 Roy Schoonmaker with the State Contractors' Board: "How to protect yourself from an unlicensed contractor"

July 27 AMR (American Medical Response) ambulance tour, glucose and blood pressure check

#### **Red Hat Society**

Purple outfit, red hat, fun and laughter! It must be the nationally recognized social group of mature women. Enjoy a \$2 Hamburger Tuesday meal after the meeting. 3rd Tuesdays, July 18, August 15, September 19 Free 11 am

#### Social Club New!

This club has singles in mind. Activities range from learning to shoot pool and the latest dance steps to hearing advice from a qualified mechanic and master gardener. The fun will be endless, so don't say you have nothing to do and nowhere to go. Thursdays 6-9 pm Free

## www Special Events www

#### **Red, White & Blue BBQ (256218)**

We're celebrating National Parks and Recreation Month! Dine on spareribs or chicken, sweet and sour baked beans, coleslaw, rolls and watermelon. \$4 Thursday, July 13 11 am-1 pm

#### Ice Cream Social (256217)

Thursday, August 3

Celebrate National Ice Cream Month with delicious, cold ice cream and toppings. Monday, July 17 Free

#### National Watermelon Day (256220)

Cool off on a hot August day with sweet, tasty watermelon, one of summer's favorite fruits.

#### Wisconsin Corn Boil (256223)

Corn on the cob with lots of butter! While supplies last! \$1 per ear Saturday, August 12 11 am

#### Sizzling Summer Supper (256219)

Enjoy a cool sub-sandwich supper of deli meats, cheeses, fresh veggies, and peach cobbler with vanilla ice cream while listening to hits of the '50s. \$4

Thursday, August 17 4-5:30 pm

#### **Grandparents' Day Picnic (256221)**

Have fun with your grandchildren: dancing, contests and prizes. Dine on chicken fettuccine, garlic bread, salad and sherbet. Each grandparent will receive a special gift. Saturday, September 9 11:30 am-1 pm \$4 grandparent and 1 child, \$2 each additional child

## **Coming Special Events**

25¢ per slice

#### **Third Annual Senior Idol Talent Show**

It's your chance to shine! Compete in group dance, individual dance, group vocal, individual vocal or comedy. Auditions will be held in September. Call for a registration packet and more information.

The talent show will be held in mid-October; time and location to be announced. Don't miss watching some of the finest mature talent in Las Vegas. Tickets will be available at the Las Vegas Senior Center for \$3.

### **2nd Annual Red Hat Rally**

Calling all City of Las Vegas Senior Center Red Hat members, our Purple Passion Red Hat Ladies are hosting a luncheon just for you! Live entertainment, merchandise vendors, and a three-course, sit-down meal! Seating is limited, so purchase tickets in advance. Call Queen Mother Bea, 873-3118, for information. Being a Red Hatter has never been so much fun! 10:30 am-1:30 pm Friday, October 20 \$10

## NORTHWEST SENIOR CENTER

8:30 am

9:00 am

9:00 pm

10:00 am

1:00 pm

**♥** 10:00 am

♥ 12:00 pm

Line Dancing

Tai Chi, adv.

Bocce, self-led

Tai Chi, beg./int.

1:30 pm Singles Social (1st Wed.)

Low Impact Aerobics

Bunco Club (3rd Wed.)

Movies (new releases, call for list) Free

Amy M. Solich, MPA, Center Coordinator 6841 West Lone Mountain Road • 229-4794 Open Monday-Thursday, 8 am-4 pm; Friday, 8 am-3 pm Closed July 4, September 4 TTY 386-9108 (for the hearing impaired)



Call

Free

Free

Free

\$2

\$2 Free

Call

\$2

\$3

Free

Call

Free

Free

\$1

Classes and activities are subject to change. Please call to verify the times and dates. All classes will be held at the Northwest Senior Center unless specified otherwise.

	A	Annual men	nbership: \$2		
♥ Heart Healt	thy Activities		Thursday		
Monday			♥ 8:00 am	Senior TOPS	
<b>♥</b> 7:30 am	Fitness over 50 @ YMCA*	\$2	♥ 8:00 am	Tighten & Tone	
8:00 am	Spanish, beg.	\$3	9:00 am	Northwest Senior Open Forum	
<b>♥</b> 8:00 am	Tighten & Tone	\$1		(2nd Thurs.)	
<b>♥</b> 9:00 am	Bocce, self-led	Free	10:00 am	Canasta	
<b>♥</b> 9:00 pm	Tai Chi, adv.	Call	<b>♥</b> 10:00 am	Horseshoes, self-led	
10:00 am	Pinochle	Free	♥ 11:15 am	Slim & Trim w/Mary Lou	
♥ 10:00 am	Tai Chi, beg./int.	Call		@ YMCA*	
♥ 12:00 pm	Low Impact Aerobics	\$2	<b>♥</b> 1:30 pm	Chair Fitness	
♥ 1:00 pm	Bowling @ Santa Fe		2:00 pm	Tole Painting	
	Station (3 games)	\$2.25	2:30 pm	Faux Painting	
<b>♥</b> 1:30 pm	Chair Fitness	\$2			
1:30 pm	Red Hat Society	Call	Friday		
<b>♥</b> 2:30 pm	Table Tennis	Free	<b>♥</b> 7:30 am	Fitness over 50 @ YMCA*	
•			♥ 8:30 am	Line Dance	
Tuesday			9:00 am	Party Bridge	
♥ 8:00 am	Golf @ Silverstone (Tuesdays,		♥ 10:00 am	Tai Chi, beg./int.	
	July 11 & 25, August 8 & 22,		12:30 pm	Canasta	
	September 5 & 19;		<b>♥</b> 2:30 pm	Table Tennis	
	call Leo for tee time)	\$15	* YMCA, 3851	N. Durango (at Gowan)	
♥ 8:00 am	Tighten & Tone	\$1			
♥ 10:00 am	Horseshoes, self-led	Free			
♥ 11:15 am	Slim & Trim w/Mary Lou			Community Interest	
	@ YMCA*	\$2			
♥ 12:00 pm	Ballroom, Latin, Swing,		<b>N</b> T 48 46		
1	Country Dance	\$5		Senior Center Open Forum	
1:00 pm	Oil Painting, all levels	\$3	•	Do you have an idea for a program? Are there	
2:00 pm	Traveling Seniors (3rd Tues.)	Free	•	d like us to offer? We want your inp	
1				rograms and ideas for new ones. Lig	
Wednesday			refreshments	*	
<b>♥</b> 7:30 am	Fitness over 50 @ YMCA*	\$2		2nd Thursdays, July 13, August 17, September 1 9-11 am Free	
<b>♥</b> 7:45 am	Tighten & Tone	\$1	9-11 am		
	0	T =			

\$3

Free

Call

Call

\$2

Call

Free

there your input nes. Light

#### **Quarterly Chat with Councilman Ross**

Join Councilman Steve Ross for a fresh cup of coffee and light refreshments. This informal setting allows you to meet your councilman and discuss your ideas and concerns for Ward 6. Thursday, August 10 10-11:30 am Free

Being physically active helps relieve stress.

#### **NORTHWEST SENIOR CENTER** (continued)

### manamana Day Trips www.mummummumm

### Pre-registration and \$2 non-refundable transportation fee required per trip; space is limited. Additional costs as noted.

For more information, pick up a flier at the center or call 229-4794. Be at the center at least 30 minutes prior to departure. Call Leo if you are running late or you may lose your reserved seat.

#### Go Take a Hike

Join the Northwest Explorers mixed hiking group to hike Southern Nevada's trails. Van transportation provided from the center to the hike location or carpool if you'd prefer. Bring lunch, water and sunscreen; wear appropriate footwear and clothing.

9 am (8:30 am check-in) Fridays

**254815** July 7 Cathedral Rock,

registration begins June 5

**254813** August 4 Fletcher Canyon,

registration begins July 10

**254814** September 1 Mary Jane Falls,

registration begins August 7

#### **Super Summer Theater at Spring Mountain Ranch**

Bring a picnic dinner for live theatre under the stars. Fridays 5-10 pm (4:30 pm check-in) Tickets: \$10

**254820** July 21, registration begins June 26

Return to the Forbidden Planet

254821 August 25, registration begins July 24 **Bells Are Ringing** 

#### **Breakfast and Movie**

Join us for a morning buffet and a matinee movie. 9 am (8:30 am check-in) Fridays

Cost of breakfast & movie

**254817** July 28, registration begins June 28

254818 August 25, registration begins July 31

254819 September 29, registration begins August 28

#### **Bellagio Botanical Gardens and** Lake Las Vegas Breakfast (254816)

Registration begins August 28. We'll visit Bellagio's gorgeous gardens and have a continental breakfast at Lake Las Vegas.

Thursday, September 12 9 am (8:30 am check-in) Cost of lunch

#### **Traveling Seniors**

All are welcome to plan day trips to neighboring states and beyond. Costs vary according to each trip. 3rd Tuesdays, July 18, August 15, September 19 2-4 pm Free

Being involved in recreational activities helps prevent isolation.

## uuuuuu Education and Workshops uuuuuuu

#### **AARP Safe Driving Course**

Lower your insurance premium upon successful completion of the course. Must attend both days; advance payment and reservations required.

Tuesdays, July 18 & 25 8:30 am-12:30 pm \$10, checks payable to AARP

#### **Open Computer Lab**

Monday-Friday 8 am-4 pm Computer use free, printing 5¢

Private lessons available by appointment; call 229-4794.

#### **Spanish for Everyday Communication**

Learn a new language and get ready to use it every day. Mondays, beginning July 3 8-10 am \$3/class

#### **Words on Wheels**

Register for a free library card and check out popular books, large print materials and audio books on tape or CD. Wednesdays, July 12, August 2 & 23, September 13 9:30-10 am Free

#### **Justice Court - Criminal Offenders**

Judge Natalie Tyrrell discusses how criminal offenders are processed through the courts.

Friday, September 8 1-2 pm Free

#### **Delivering Justice**

The United States Postal Inspection Service provides important information about financial crime victims and international efforts to stop fraud. Learn how crimes are committed against people like you using the USPS and what to do to help prevent them.

Tuesday, September 26 Free

## mmmmmm Health and Wellness www

## **Senior TOPS Group (Take Off Pounds Sensibly)**

Give and get support on the path to weight loss and a healthy lifestyle. Track your progress, achieve dietary goals, hear informative speakers and much more. Thursdays 8-10 am Free

#### **Stroke Prevention Workshop**

Learn the signs, risks and proactive steps you can take toward preventing strokes; sponsored by Lifeline Health Screens. One participant will win a free \$150 certificate for a carotid artery screening, abdominal aortic aneurysm screening, and an ankle brachial index screening, which can be redeemed at Northwest Senior Center on August 10.

Thursday, July 6 9 am Free

#### **NORTHWEST SENIOR CENTER** (continued)

#### Health and Wellness (continued)

#### Foot Care

Nevada Foot Institute staff provides toenail clipping on a first come, first served basis. The full health services day returns in October.

Tuesday, July 11

11:30 am

Free

#### **Fall Prevention Education Seminar**

Physical therapist Brian Werner of Werner Institute of Balance and Dizziness presents this informative seminar on preventing falls, dizziness and vertigo. Get your balance level tested, too. Reservations recommended.

Tuesday, August 1

9 am

Free

#### **Lifeline Health Screenings**

Life Line Screening will offer health screenings to assess the risk of stroke and vascular disease. Included are carotid artery screening, abdominal aortic aneurysm screening, and ankle brachial index, plus a bone density screening to assess the risk for osteoporosis. Screenings are fast, painless and low cost. They embody the use of ultrasound technology and are conducted by a registered or registry-eligible ultrasound technologist. A board-certified physician reviews the results of each test to ensure the accuracy of the results before they are mailed to the individual.



Each screening requires ten minutes or less to complete. If you are interested in registering for any of these screenings, please call 800-643-6075 to schedule an appointment.

Thursday, August 10 8 am-6 pm

## Social Groups www

#### Bunco Club

Roll the dice and have fun! Call for information. 3rd Wednesdays, July 19, August 16, September 20 1-3 pm

#### **Senior Singles Social**

1st Wednesdays, July 5, August 2, September 6 1:30-3 pm Free

### **Red Hat Society Meetings**

We have 4 groups. All are full, but we're always taking names to fill openings. Limited to members.

1:30-3 pm Mondays Free Good Time Girls July 10, August 14, September 11 July 24, August 28, September 25 Ladies of Joy

July 3, August 7 Purple Passions

July 17, August 21, September 18 Rockettes

## Special Events www.

## Luncheons

#### Space is limited and reservations required.

Can't eat with us? All lunches and salads are available to go, with the exception of all-you-can-eat luncheons.

#### All-You-Can-Eat Salad Luncheon (254501)

Try your luck with egg salad, tuna salad, ham salad and green salad. Makes lots of salads, a sandwich or two, or just enjoy them individually. Served with breads, beverages and dessert. Tickets on sale June 1.

Friday, August 4

12:30 pm

## **Step into Fall Luncheon (254502)**

Baked BBO chicken, old-fashioned potato salad, deviled eggs, baked beans, vegetables, salad and homemade dessert. Tickets on sale July 1. \$3

Friday, September 22

12:30 pm

## Salad Bar

It's time for fun salads! Served with bread, dessert and beverages. Ask about your birthday certificate to get a free salad the month of or following your special day.

Fridays	12:30-1	pm \$2 each
254504	July 7	Chinese shrimp salad
254505	July 14	Very green salad
254506	July 21	International rice salad
254507	July 28	Lemony apple-bran salad
254509	August 11	Summer salad supreme
254510	August 18	Avocado citrus salad
254511	August 25	Japanese noodle w/ham salad
254512	September 1	Tangy garlic 3-bean salad

**254829** September 15 Apricot rice salad

Users of community-based senior wellness programs have significantly higher endurance levels.

29



## SENIOR CITIZENS LAW PROJECT

Sheri Cane Vogel, Esq., Project Administrator **New location!** 

310 S. 9th Street, 2nd Floor • 702-229-6596, 702-384-0314 nadams@lasvegasnevada.gov



The City of Las Vegas Senior Citizens Law Project provides quality legal counsel and assistance to Clark County residents age 60 years and older. There is no fee for services, however, donations are accepted. Clients are seen daily Monday-Friday, 9 am-4 pm, by appointment only. Call 229-6596 to schedule an appointment.

Law Project Staff: Project Administrator Sheri Cane Vogel, Esq.

Elder Law Attorneys Robert Nelson-Kortland, Julie Arnold, Carol Kingman, Raelene Palmer and Dawn M. Papaeliou; Paralegal Christy Beckwith; Office Supervisor Nikki Adams; Office Specialist II Feliz Baltas; Office Specialist I Natalie Friedman; Clerk/Specialist Carrie Stotts; and Senior Technician Leslie Reynolds

The Senior Citizens Law Project presently provides advice and assistance in matters which include:

- Advance directives (living wills and durable power of attorney for health care)
- Affidavits of entitlements
- Consumer disputes and small claims instructions
- Homesteads
- Intervention of elder abuse matters

- Landlord/tenant disputes
- Legal advice, information and referrals
- Power of attorney (general and special)
- Simple wills (no living trusts)
- Social Security problems and other public entitlements
- Termination of joint tenancy

## www.www.www. Weekly Legal Assistance Provided

#### **Monday & Thursday**

9-11:30 am Advance directive – planning for incapacity, consumer matters, social security assistance,

landlord/tenant assistance

1:30-3:30 pm Estate planning, bankruptcy pre-screening, financial review, homestead document preparation

#### **Tuesday & Friday**

9-11:30 am Advance directive – planning for incapacity, consumer matters, social security assistance, petition

for sealing records, petition for name change, petition to open safe deposit box, petition and order for

release of medical records

1:30-3:30 pm General legal information, bankruptcy pre-screening, homesteads, affidavit terminating joint tenancy,

affidavit of entitlement, document preparation/notarization

#### Wednesday

9 am-3:30 pm Will signing: Clients return to the office to execute their legal instrument.

## Monthly Outreach www.minimum

Clients are seen 9-11 am; call 229-6596 for an appointment at the following sites:

#### **Doolittle Senior Center**

Fridays, July 21, August 18, September 15

#### East Las Vegas Community/Senior Center

Fridays, July 7, August 4, September 1

#### **Howard Lieburn Senior Center**

Fridays, July 14, August 11, September 8

#### **Henderson Senior Center**

27 E. Texas

Tuesdays, July 18, August 1 & 15, September 5 & 19

#### **Boulder City Senior Center**

1001 Arizona Street

Tuesdays, July 11, August 8, September 12

The Department of Leisure Services is committed to the fair, honest and professional treatment of all individuals and organizations with whom we serve. We fully support the Americans with Disabilities Act (ADA) and are dedicated to customer satisfaction. If you are an individual with a disability or a parent of an individual with a disability and require program modifications, please contact the program supervisor two weeks prior to the program start date. Program modifications will be made on an individual case-by-case basis. The City of Las Vegas Department of Leisure Services prohibits discrimination based on race, color, national origin, age or disability in its programs and activities. If any individual believes he or she has been discriminated against, he or she may file a discrimination complaint with the Director, Equal Opportunity Program, U.S. Department of the Interior, National Park Service, P.O. Box 47127, Washington, DC 20013-7127.

30

## DOWNTOWN SENIOR SERVICES CENTER

**Delfina Flores, Customer Service Representative** 310 S. 9th Street (and Bridger) • 229-6690 Open Monday-Friday, 8 am-5 pm TTY 386-9108 (for the hearing impaired)

## manumum Make this your "one stop shop" for senior services. w

### **Bridger Health Center** (Suite 110) • 229-9932

Medical services include geriatrics, family practice, women's health and lab services provided by Nevada Health Center. Medicare, Medicaid and most insurances are accepted. A sliding fee scale is offered for qualified uninsured patients.

## **Senior Citizens Law Project** (2nd Floor) • 229-6596

Provides quality legal counsel and assistance to Clark County residents 60 years of age and older.

Senior Services Liaison, Mel Kalagian, LSW, LASW (2nd Floor) • 229-6507

Provides information or assistance with Social Security/ SSI; notary services; food, housing or transportation issues; property tax and/or rent rebate assistance; franchise tax assistance; low-income energy assistance; and other issues for adults 50 years of age older.

#### Jude 22 Senior Nutrition Center, 300 S. 9th Street • 229-1142

Monday-Thursday, 8:30 am-1:30 pm; Friday, 8:30-11:30 am • Closed 11:30 am-12 pm Emergency food assistance available for seniors 60 years of age and older who meet low-income federal guidelines.

## AMANDA AND STACY DARLING MEMORIAL TENNIS CENTER

Sandra Foley, Leisure Services Coordinator 7901 West Washington Avenue • 229-2100 Open Monday-Friday, 7 am-9 pm, Saturday, 7 am-7 pm; Sunday, 7 am-5 pm TTY 386-9108 (for the hearing impaired) www.darlingtenniscenter.net • Home of the Tennis Channel Open



The Darling Tennis Center offers classes, leagues and tournaments for all ages. Visit the Web site for more information.

## Management Senior Leagues Management Managem

31

#### NTA Senior Mixed Doubles

Team registration ends Thursday, June 15. Play begins Fridays, beginning July 14 6:30 & 8 pm \$20

#### **NTA Fall Super Senior League**

Team numbers available Friday, September 1. Team registration ends Friday, September 15. Play begins Monday, October 2. Mornings \$30

#### NTA Fall Men's and Ladies Senior Leagues

Team numbers available Monday, August 28. Team registration ends Tuesday, September 12. Ladies play begins Thursday, October 5. Men's play begins Sunday, October 8. 9 & 10:30 am \$30

Increase agility and endurance with tennis... a sport that can be played by all ages.

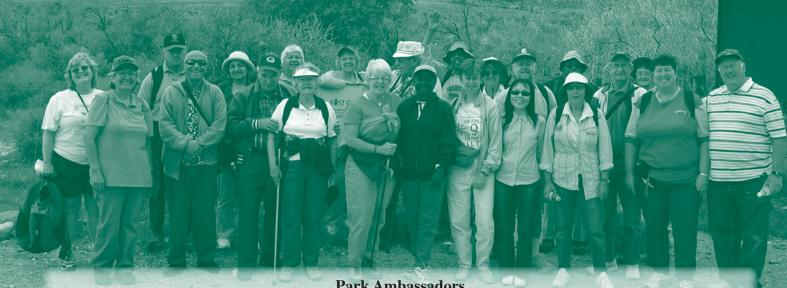
## 3rd Annual Citizens Leadership Academy is coming this fall.

September 5-October 30

Get a behind-the-scenes look at how your city government works. Learn about downtown revitalization, traffic management, department operations, and much more. Tour the Regional Justice Center, water and wasterwater treatment plants, KCLV and other facilities.

Applications are available at www.lasvegasnevada.org/citizensacademy or call 229-6501. Limited openings!

Application submission deadline: Friday, July 28



#### **Park Ambassadors**

Park Ambassadors greet visitors, distribute information about the city's recreational and cultural activities, and report damaged equipment or maintenance problems. Interested volunteers may call 229-4924 for information.



#### **Senior Citizen Programs Division Mission**

Empower older adults to contribute to their own physical and emotional health and well-being through an array of programs, actions and activities.



Senior Citizen Programs Division 749 Veterans Memorial Drive Las Vegas, NV 89101

Las Vegas City Council Mayor Oscar B. Goodman Mayor Pro Tem Gary Reese, Ward 3 Councilman Larry Brown, Ward 4 Councilman Lawrence Weekly, Ward 5 Councilman Steve Wolfson, Ward 2 Councilwoman Lois Tarkanian, Ward 1 Councilman Steven D. Ross, Ward 6

City Manager Douglas A. Selby Deputy City Managers: Betsy Fretwell, Steve Houchens, Orlando Sanchez Department of Leisure Services Director Barbara P. Jackson, DPA Deputy Director Billie M. Bastian Senior Citizens Programs Division Manager Ed Jost Supervisors: Jerlys Henderson, Peter Priest



